

Do You Have Food \$ense?

Utilizing

Community Partnerships to Reduce Food
Insecurity and Improve Health Behaviors



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
FAMILY AND CONSUMER SCIENCES

Who are We?



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Today's Objectives

- What is Extension, FCS & SNAP-Ed
- Program
 - Purpose
 - Partnership Relations
 - Goal
 - Teaching Methods
 - Curriculum
 - Evaluation
- Contact us



Ohio State University Extension is...

- An organization that enhances human capital & promotes lifelong learning
- A disseminator of research & technologies to enhance the state's economic base
- A statewide network – with a presence in every county – that links communities, businesses & the general population to the resources of Ohio State
- Containing four Program Areas:

- **4-H**
- **Agriculture**
- **Community Development**
- **FCS**

Cooperative

Practical

Economically Minded

Community Based

Collaborative

Unbiased

Diversified

flexible

OUTREACHING

Personal



What is Family & Consumer Sciences?

Family & Consumer Sciences (FCS)

- delivers the highest quality, research-based educational programs throughout Ohio focused on building

**BETTER LIVES.
STRONGER COMMUNITIES.**



Healthy People



Healthy Finances

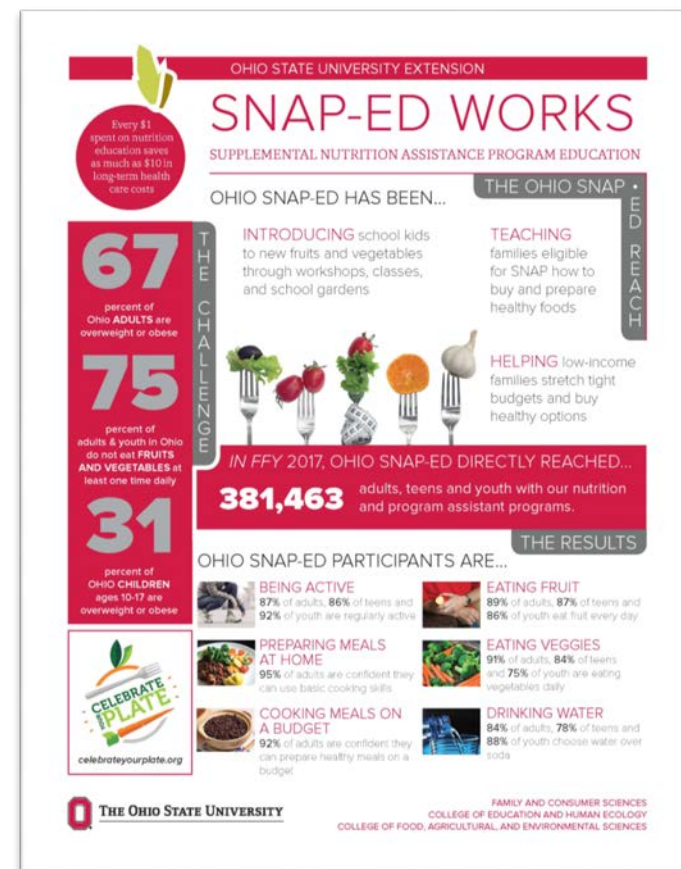


Healthy Relationships



What is SNAP-Ed?

Supplemental Nutrition Assistance Program Education is the nutrition, promotion and obesity prevention component of the Supplemental Nutrition Assistance Program.



What is the SNAP-Ed Program Goal?

The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food and lifestyle choices that prevent obesity.



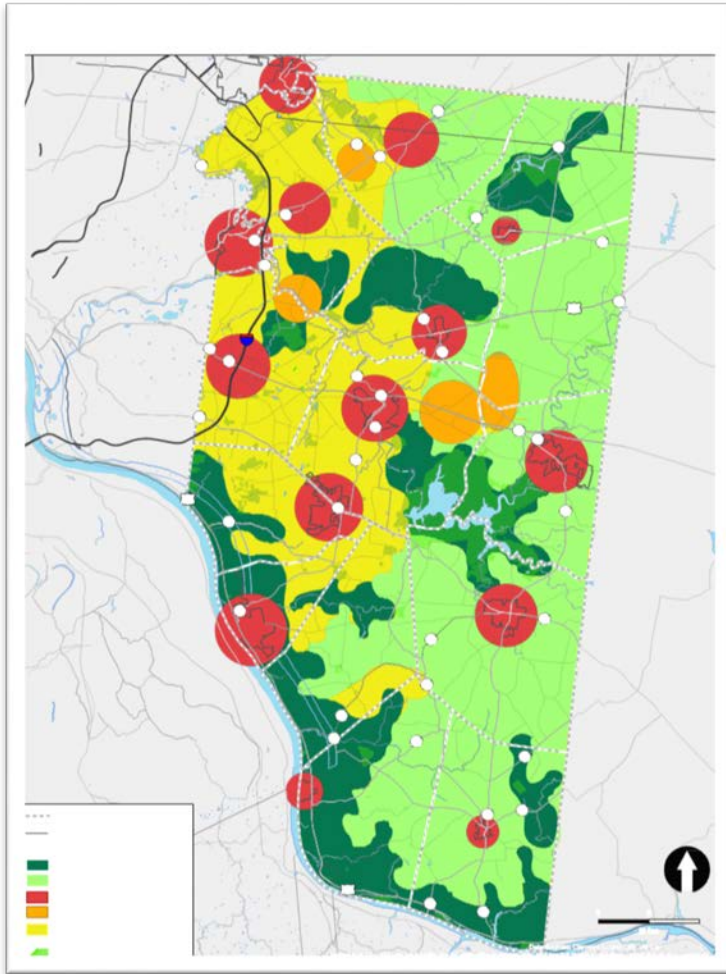
Do You Have Food \$ense?



2017 Graduates



Purpose



Clermont County experienced a **12% increase** of individuals seeking Supplemental Nutrition Assistance Program (SNAP) between 2013 & 2016.

Partnership Relations

➤ Bonded by common missions

- **Strive** to eliminate multiple daily struggles for low income families living in areas where access to affordable and nutritious food is limited
- **Empower** families with education, support and services to make healthier food choices and improve their lives
- **Engage** participants to acquire, practice and implement sustainable food selection and preparation skills
- **Provide** the most effective emergency assistance continuum for low-income individuals and families in need



Do You Have Food \$ense

Program Goal...

- Motivate participants from Inter Parish Ministries Mobile Food Pantry to change health behaviors:
 - Plan nutritious meals
 - Prepare healthy foods
 - Live a healthier lifestyle

Mobile Pantry Location

- Emmanuel United Methodist Church located in Batavia
 - Church meeting room with full kitchen
 - Mobile pantry in parking lot



Recruitment Flyer



Do YOU Have Food \$ense?

Saving Money while Eating Healthy

Learn how to select and prepare meals, to stretch food dollars and eat for better health. Each class will include food preparation, food tastings, take-home recipes and incentives.

Meet qualifications for current participation in SNAP benefits.

Willingness to complete surveys providing information about food attitudes and habits, contribute to discussions and try new foods.

Sign Up and agree to attend all sessions.

Topics covered include:

- Exploring My Plate
- Planning Healthy Meals
- Savvy Shopping to stretch food dollars

Jun. 30, Jul. 28, Aug. 25, Sept. 29, Oct. 27, and Nov. 17
9:00-11:30 AM

Emmanuel United Methodist Church
4312 Amelia-Olive Branch Rd, Batavia, OH 45103

Free Sessions
to sign up please contact:
Mona Glover and Danielle Combs
513-732-7070
Glover.195@osu.edu or
combs.311@osu.edu
Or visit our website

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CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/learn-diversity>

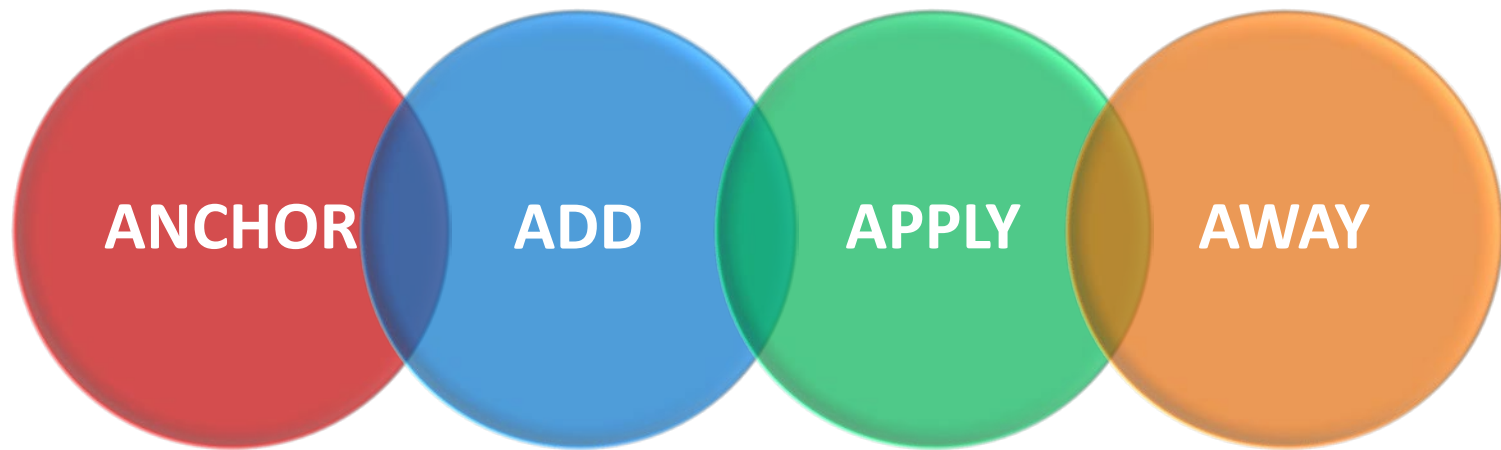
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Family and Consumer Science
SNAP-Ed
Clermont County



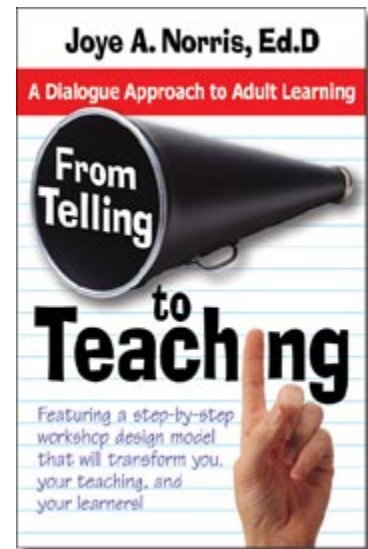
Teaching Methods

- The FCS Educator and SNAP-Ed Program Assistants collaborate to include:
- Group **discussions**
 - Participant's **reflection** on ways to improve healthy lifestyle choices
 - Practical **action steps**



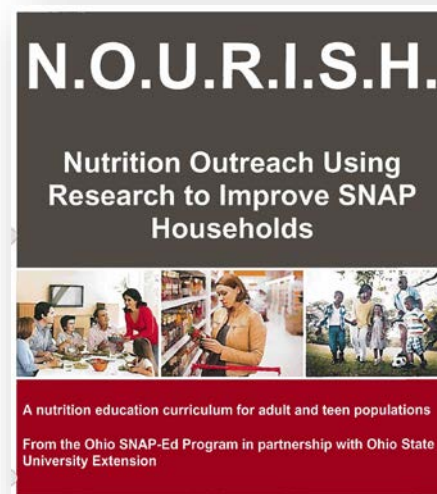


A dialogue approach to teaching allows adult learners to make personal meaning and apply the new information and skills to their lives.



N.O.U.R.I.S.H. Curriculum

- Created by OSUE SNAP-Ed Program
- 6 Content Areas
 - Food Shopping
 - Fruits and Vegetables
 - Protein
 - MyPlate
 - Grains
 - Dairy
- Variety of lessons and activities in each Content Area



MyPlate: Power of Planning

Lesson 1

- The Language of Food Labels:
 - Do you find the information on food packaging confusing?
 - Revision to labeling is underway; gaining a better understanding on how the label is intended to improve nutritional spending.
- Meal Planning
- Food prep & sampling included
- Incentive
- Recipes



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

Language of Food Labels

Fruits and Vegetables



*Selecting Seasonal
Produce & Preserving
the Healthy Harvest*

Lesson 2

- Discover how easy it is to can produce from the farmer's markets & garden
 - Capture the best in nutrition while taking charge of all ingredients put into the end product
- Food prep & sampling included
- Incentive
- Food Preservation Recipes



Food Shopping

Lesson 3

- Learn to balance meals using foods low in cost, yet high in nutrients
 - Preparing food at home keeps money in your pocket
 - Ensures better quality & flavor
 - Learn new skills for creating appetizing menus to prepare in your kitchen
- Food prep & sampling included
- Incentive
- Recipes



Savvy Shopping



Whole Grains

Lesson 4

- Learn Strategies to overcome barriers to adding whole grains to your diet
 - Able to recognize the health benefits of eating whole grains
 - How to identify them
- Food prep & sampling included
- Incentive
- Recipes



Identifying whole grains with ease

Proteins

Lesson 5

- Learn the varieties of protein foods available—many at low costs!
 - Gain insight into new protein foods
 - Tricks to retain flavor while cutting calories
- Food prep & sampling included
- Incentive
- Recipes



Variety is Key: Benefits with Beans



Dairy

Lesson 6

➤ Beverage selection impacts health much like food

- Reality of sugary beverages and flavored milks is surprising
- Empty calories can add up quick
- Explore new ideas for keeping hydrated that will surprise you

➤ Food prep & sampling included

➤ Incentive

➤ Recipes



Think Before You Drink



Evaluation

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SNAP-Ed Behavior Survey – Adults

OFFICE USE ONLY-FY18

PG INUM _____

____ Pre-test ____ Post-test

Your feedback is important! Please complete the following survey. There are no “right” or “wrong” answers to the survey items. **Please answer each question for yourself only, not your entire family.** Place an “X” in the box to choose the best answer to each item. Choose only **ONE** response for each item.

BEHAVIOR STATEMENTS	Never	Rarely	Sometimes	Usually	Always
1. I use MyPlate to make healthy food choices with a limited budget.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I use food labels to make better choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I use a smaller plate at mealtimes to help with portion control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I drink water instead of sugar-sweetened drinks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I eat at least one kind of vegetable daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I eat at least one kind of fruit daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I eat fruits and vegetables of different colors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I eat plant-based protein foods like beans, lentils, soy, or nuts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. When I have dairy products like milk, cheese, yogurt, etc., I choose low fat or fat free options.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. When I eat grain products like bread, pasta, rice, cereal, etc., I choose whole grain products.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. When I eat meat like beef, pork, chicken, or seafood, I choose lean or low fat options.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I plan meals ahead of time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I worry that my food might run out before I can buy more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I am physically active for at least 30 minutes most days of the week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

List **one goal you will set** to improve your health and wellness because of this program. _____

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CONFIDENCE QUESTIONS

	Not at all confident	Not very confident	Neutral	Somewhat confident	Very confident
16. How CONFIDENT are you that you can use basic cooking skills , like cutting fruits and vegetables, measuring out ingredients, or following a recipe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. How CONFIDENT are you that you can buy healthy foods for your family on a budget ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. How CONFIDENT are you that you can make at least one positive change in your lifestyle as a result of this program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. How CONFIDENT are you that you can make at least one positive change in your household as a result of this program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DEMOGRAPHIC QUESTIONS

20. What is your **gender**? Check (✓) 1 answer.

☐ Female ☐ Male

21. What is your **age**? Check (✓) 1 answer.

☐ 18-59 years old ☐ 60 years or older

22. What is your **race**? Check (✓) all that apply.

☐ African-American or Black
☐ American Indian or Alaska Native
☐ White
☐ Native Hawaiian or Pacific Islander
☐ Asian
☐ Other

23. Are you **Latino/Hispanic**? Check (✓) 1 answer.

☐ Yes ☐ No

24. How many people, **TOTAL**, counting **yourself**, live in your household? This may include non-relatives who live with you. Check (✓) 1 answer.

☐ 1 ☐ 5 ☐ 9
☐ 2 ☐ 6 ☐ 10 or more
☐ 3 ☐ 7
☐ 4 ☐ 8

25. Have **you** or any **other members of your household** used **ANY** of the following programs in the past year? Check (✓) all that apply.

☐ SNAP (EBT card) ☐ Food pantry/bank
☐ WIC ☐ Soup kitchen or free meal site
☐ School breakfast ☐ Senior meal site
☐ School lunch ☐ Do not participate
☐ Free summer meals ☐ in any of these
☐ Head Start



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Testimonials

"I love this class we need to have it next year I'm learning so much important information on how to be healthier... This class has taught me things I never would of known."

**"DRINKING WATER
W/FRUIT IN
IT...INSTEAD OF POP."**

***"To be aware of fat &
sugar in foods"***

***"Try to cook at home
instead of eating out"***

**"Make better
healthier choices"**

"To lose weight, gain better knowledge of the material handed out to me...smaller portions"

"I recently was diagnosed w/diabetes... learning how to eat now... valuable"

**"I really enjoy
this class & I
have learned a
lot."**

"I will try to look at food label more & use lower fat options to try to eat healthier & use more plant based proteins"



Citations

<https://extension.osu.edu/about/mission-vision-values/osu-extension>

<https://extension.osu.edu/about/vision-mission-values>

<https://fcs.osu.edu/about>

<https://snaped.fns.usda.gov/about>

<http://www.interparish.org/>

From Telling to Teaching by Joye Norris

<http://www.learningbydialogue.com/tellingtoteaching.html>



Questions....Contact Us

Clermont County

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